



**AMHERST SOCCER ASSOCIATION
DIRECTOR OF COACHING LESSON PLAN**



Topic: Moving the ball quickly

Coach: Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>Numbers In an area players pass and move around the soccer ball in order starting with player number 1 and moving up to player number 10. Player 10 passes the ball back to number 1. After every pass the player must move to receive the next pass. * This game can start with players using their hands to move the ball around. * Add balls in as the game progresses</p>	<ul style="list-style-type: none"> * First Touch leading into the pass * Head Up looking for your team-mates * Non-Kicking foot next to the ball * Lock the ankle of the kicking foot * Strike through the middle of ball using the inside of the foot * Move to open space after passing the ball * Communication
<p align="center">MATCH RELATED ACTIVITY</p>	<p>21, Black Jack Divide players in to two equal teams, with two neutral players. The team in possession of the ball can use the two neutral players so for example it would be 7 v 5. The first team to make 21 passes wins the game. Progression 21 first time passes, but players can take two touches but the pass will not count as a point.</p>	<ul style="list-style-type: none"> * As Above * Over-hit the pass * Play to the front foot * Receiving player opens their body up to the field
<p align="center">MATCH RELATED ACTIVITY</p>	<p>End Zones Divide players in to two equal teams, the two neutral players are now moved to the outside as target players. The aim is to play it into your target player, who will then lay it off for another player on the team that is moving into the end zone. Progression Players can also dribble into the end zone to score points</p>	<ul style="list-style-type: none"> * Team shape width and depth * Supporting angles * All of the above
<p align="center">MATCH CONDITION ACTIVITY</p>	<p>5 V 5 Scrimmage including GK You can create different rules remaining with the theme of passing. * Number of consecutive passes equal a goal * Every Player Must touch the ball before you can score Makes sure team remains in a diamond shape, keep width and depth</p>	<p align="center">Legend</p> <ul style="list-style-type: none"> = Players = Pass = Run with out the ball = Goal
<p align="center">COOL DOWN</p>	<p>In pairs players pass and move the ball around an area, at a nice steady pace</p>	